

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomaine-like poisons are formed and sucked into the blood.

Men and women who can't get feeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, or have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drug store, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject. Remember inside bathing is more important than outside bathing, because the skin pores do not absorb impurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels.

Written on Glass.

Miss Harriet Auber's beautiful line "Our Blessed Redeemer. Ere He Breathed," were written by the author on a windowpane in her home at Hoddesdon, a town in England. A dealer in curios tried to purchase this interesting and peculiar manuscript from the owner of the house after the death of Miss Auber in 1862, but he was unsuccessful. The pane of glass was subsequently stolen, and it has never since been found or its fate discovered.

SAVE GAME BIRDS IS PURPOSE OF NEW MOVE

Some Birds Marked With Band Should be Sent to Proper Headquarters When Killed.

Western Nebraska sportsmen will be interested in the following bulletin, known as Bulletin No. 6, issued by the Nebraska State Sportsmen's Association, especially at this time when the hunting season is on:

BULLETIN NO. 6
The object of this bulletin is to enlist your support if possible in the wild water fowl in this country.

The department of agriculture, to learn more of the age, lives, migrations, etc., of wild ducks, and geese, have had their agents capture young birds in practically all their breeding grounds of this continent, and attach a metal band to their legs. This band contains a serial number, which is a key to a record. When one of these birds are killed this band should be immediately sent to the Department of Agriculture, Washington, D. C., with the date killed and circumstances under which it was killed. Or if desired your secretary or the State Game Commissioner will receive this data and see that it reaches the proper destination.

It is your duty to spread this information among shooters so not one of these birds will be killed without the record being saved. Post this bulletin in your club house.

NEBRASKA STATE SPORTSMEN'S ASSOCIATION.
Geo. L. Carter, Sec.

No Professional.

"I was in hopes my son would be a professional man."

"Isn't he willing to take up such work?"

"Hasn't shown any signs of doing so as yet. When it comes to work he seems to be in considerable fear of jeopardizing his amateur standing."—Louisville Courier-Journal.

Communications

Names of contributors will not be used in this column if not desired, but the name of the contributor must be known to the editors before an article will be printed.

WHY FOOD CONTROL IS NECESSARY

Editor Herald:
Any attempt at food control in this great prosperous land of plenty is an innovation. Nationally we have never experienced a crisis in our food supply. Because it has not been given any thought since the early colonial days more than two centuries ago, the necessity for food control is not now appreciated by our people. It is so difficult for us to realize that a national scarcity of food might possibly exist. For this reason it is proper to consider the causes that have made it necessary

for our nation to take control of our wheat supply.

The world is at war. It is the greatest war of all time. The task of feeding the armies is Herculean. It is a big problem not only because of the monstrous armies to be fed, but also because of the great distances the food must be transported and the difficulties that surround its transportation. Although this task would be a big one for the entire world, conditions are such just now that almost the entire burden is placed on America—on Canada and the United States. We acquire a personal interest in feeding these armies when we place our own soldiers at the side of those already on the battle front.

Nearly one-third of the food necessary for the armies consists of wheat. Our exports of wheat during the past three years have been the heaviest in our history and our supply is now the lowest in ten years, so our government cannot afford to take a chance on the supply of wheat for our army. The supply dare not be left in private control where it can be hoarded in great elevators, nor in the control of speculators who can, if they so desire, demoralize our army more effectively by withholding wheat supplies than in any other way.

Our domestic demand for wheat will of necessity be acute. Were speculators permitted to manipulate our supply in such a way that they could extort from our public unnecessary and unconscionable margins, such serious uprisings would result in our large consuming centers as would materially interfere with our peace at home and our successful conduct of the war. These uprisings would be serious because they would result not alone from the high prices but from the unjust extortion connected with those high prices.

As a war measure—as a war necessity—our government must control the distribution and the price of our wheat in order that our country may be sure of its supply for the army at the front at all times, and in order that disaster may be prevented at home which would surely result from ruinous speculation and heartless extortion.

J. W. SHORTHILL,
Secretary National Council of Farmers' Co-operative Associations.

Editor's Note: Mr. Shorthill, while he wrote the above letter as a direct representative of agriculture, also writes from information gained as a member of the committee that fixed the price of the 1917 crop of wheat and also as a member, at the present time, of the board of directors of the U. S. Grain Corporation, the government agency of the Food Administration which is buying our wheat.

Old Diadems Made of Ribbon.

The diadem of the nations of antiquity was a fillet of silk two inches broad bound round the head and tied behind. Its color was generally white. Sometimes, like that of Darius, it was of blue. It was sown with pearls or other gems and enriched with gold. It was peculiarly the mark of oriental sovereigns.

SALTS IS FINE FOR KIDNEYS, QUIT MEAT

Flush the Kidneys at once when Back hurts or Bladder bothers—Meat forms uric acid.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which clogs the kidney pores so they sluggishly filter or strain only part of the waste and poisons from the blood, then you get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, constipation, dizziness, sleeplessness, bladder disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts, or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, get about four ounces of Jad Salts from any reliable pharmacy and take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia and has been used for generations to flush clogged kidneys and stimulate them to activity, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder disorders.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which all regular meat eaters should take now and then to keep the kidneys clean and the blood pure, thereby avoiding serious kidney complications.

Nothing More Needed.

"Queer house you're building. Nothing but a drawing room and a conservatory."

"That's the house you see described in a popular love story."—Louisville Courier-Journal.

HUMAN SKYSCRAPER VISITS ALLIANCE

Twenty Year Old Youth Towers 7 Feet and 8 Inches Above Sea Level—Weights 197 Pounds

Alliance was visited on Thursday by what one lad termed to be "The tallest guy in de hole world." It was Ralph Madsen, human skyscraper, who was in town to do a stunt at the local picture show. He appeared on the streets Thursday afternoon dressed in the garb of "Uncle Sam" and was sure a tall one. It is claim-

ed he got the big "Uncle Sam" style hat and he is 7 feet 8 inches tall and when on his head it "raised" him a foot or two more.

Madsen would make a good specimen for any big top side show. He was in Denver not long ago and put to shame Denver's tallest man, who is 7 feet 4 inches tall. The Denver Post wrote up Madsen in the following language:

"Ralph Madsen, human skyscraper, is in town. Ralph is the gentleman who can use the Eiffel Tower for a music stand while he plays the cornet for the benefit of tired aviators. His parents always use a stepladder when they kiss him goodby, for he is so tall he can whisper in the ear of Gray's tail without standing on tip-toe. Ralph stands 7 feet 8 inches above sea level and is 20 years old. He is always having a high old time of it.

"Incidentally, Carl Sandell, Denver's tallest human building, almost shed tears when he saw Ralph taking a constitutional down the avenue, making about four steps to the block. Carl is 7 feet 4 inches tall. The two giants greeted one another beside the Daniels & Fisher tower. This was the only building in town they could lean against without tripping themselves up and spoiling a few roof things.

"They're almost as high as the coast of living," said a pedestrian.

"How's the weather up there?" yelled a newsboy.

"Sandell and Madsen talked for awhile. They were so far above the city, however, that no one could catch the drift of their conversation. A beary-eyed citizen who had been out late leaned against Ralph's shin, mistaking them for telegraph poles. When he finally lapped this human observation tower he thought he 'had 'em' and went down the street howling 'never again!'

"Ralph weighs only 197 pounds. He was born at Norfolk, Neb. He attributes his growth to the fact that his father used to pull him out of bed in harvest season, using Ralph's legs for handles. Although long and slender, like a glass of lemonade, Ralph is broad minded.

"I came a long way to see this fellow Sandell," said Madsen, leaning against the second story of an office structure, "but I am just a bit taller than he. I am going out with the Sella-Floto circus next season and think I will be an attraction as I have never met a man who is taller than myself except the Bunker Hill monument and the Woolworth building."

Madsen wears a No. 16 collar and has to reach to the shelf of the dress-

ing table with a boat hook when he wants to put on his necktie. Many shipbuilding companies have offered him a position as a vessel's mainmast but to date he has declined. Madsen is unmarried, but is not unwilling to fight. If he goes to war he will not doubt replace several army balloons for observation purposes."

PARIS HACKMEN STRIKE
Paris.—Because their demand for an increase in pay had been refused, the employees of the Automobile Omnibus and Tramway lines voted a 24-hour strike.

Do your duty before blaming others for not doing theirs.

SUBURBAN RESIDENCE FOR SALE

SITUATED CORNER 10TH STREET AND MISSOURI AVENUE
This property consists of a 7-room house, pantry and toilet, hot and cold water. Good stable with hay loft, will stall 10 head of stock. Room for buggy or auto. Good hen house, corral and coal shed. Fine windmill, stock tank, two-story milk house with upper and lower tanks, all piped and in running order. Apple, cherry and plum trees in bearing condition; also small fruit.

There is an acre of land with this property which can be divided into house lots.

For other information, terms, etc., see owner.

MRS. AMY BROWN,
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Let your hogs rid themselves of these blood-sucking pests. Give them a fighting chance to live and thrive and resist disease. Every time they rub against the "New Idea" Hog Oiler they apply the refreshing, vermin-destroying Oil right on the itch, killing the lice, destroying the eggs, healing the skin of mange, scurvy and other skin diseases. It soothes and heals—promotes a healthy skin and a smooth, glossy coat of hair.

Rowe's "New Idea" Hog Oiler
Price.....\$7.75
5 gallon can Rowe's Medicated Oil.....\$2.75



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